

Joint Ride with Birmingham Bicycle Club July 20

Members of the Birmingham Bicycle Club will ride with us on July 20, 2002 at 9 a.m. from Peach Park in Clanton.

The route will take us through Chilton and possibly Autauga Counties. Terrain is moderately rolling, and distance will probably be in the neighborhood of 50 miles.

For more details closer to time, see www.mgmbikeclub.org. 🚲

(right) Dr. Jack Hataway, of the Alabama Department of Public Health, speaks at a recent MBC meeting about obesity,



photo David Campbell

New Cyclist Rides Continue

New Cyclists are invited to meet at Thorington Road Baptist Church at 7 a.m. on Saturdays in June and July. We will offer short ride options such as 7 miles and 15 miles. Experienced cyclists will be there to answer questions and help make your cycling safer and more enjoyable.

On June 8, immediately following the 15 mile ride, Gary Smith will lead a brief discussion on hydration and nutrition while biking,

as well as basic safety tips. While not a substitute for a comprehensive course such as the Effective Cycling Course, this discussion will help prepare you to begin cycling or ramp up the distance leading to longer events later this season. Members and non-members are invited to participate.

For more information, contact Gary at gary@mgmbikeclub.org or 462-8176.

Sunday Ride Directions—John Hall Store, Cecil

The Sunday rides are scheduled from now until further notice at 1:30 p.m. from the John Hall Store in Cecil. To get to Cecil from I-85, take I-85 north to the Waugh Exit. Turn left onto U.S. 80 at the BP station. Take the second right (Marler Road). Follow Marler Road until it dead ends into Vaughn Road

(AL 110). Turn left on Vaughn. The John Hall Store will be on the right about one mile ahead at the junction of Vaughn Road and Flowers Road.

If you're planning to ride, put an e-mail out to the e-mail list (see page 6) and let everyone know you're going and how far you want to go! 🚲

Joint Ride with BBC: July 20, 2002 9 a.m. from Peach Park in Clanton

New Cyclist rides Thorington Road Baptist at 7 a.m.

For route narratives for June and July, go to

www.mgmbikeclub.org

and go to Ride Schedule.

*The Prez Sez**(continued from page 1)*

As for what is happening in the Club these days, the new venue for the Wednesday night Time Trials at Deer Creek, and Saturday morning rides from Thorington Road Baptist Church for new riders have been great successes. A special thanks is in order to Vern Gibson for coming up with the idea of moving the time trials to Deer Creek, to Jerry Fossum for timing the riders and making it happen every Wednesday, and to Gary Smith for initiating and organizing the New Cyclist ride. The Saturday morning rides for new riders will continue through the summer. In June all Saturday morning rides for both experienced and new riders will depart from Thorington Road Baptist Church at 7:00 a.m. The brochures and mail-outs for Jim Glassner Memorial Autumn Challenge are nearly complete and ready for the post office. They should be going out around June 1. We need volunteers to help man the rest stops, ferry supplies, and help clean up afterwards. If you would like to volunteer, drop an email to <autumnchallenge@mgmbikeclub.org> or call me at 277-5251. In the meantime, get out and ride.

**For Sale**

Blue Steel Lemond(Rey 525) 56 CM RSX Components 700x25 Continental tires Trek Computer 53/39 crankings on a Sugino 175 mm set with 11/24 7 speed cluster. Only 706 miles. Paid about \$900 for it; will take \$450

E-mail rnharrison@knology.net or call 279-5517

Campy wheel set for sale. Campy Record Hubs, Campy Moskva 80 Rims with Campy skewers and Campy Chorus 8 Speed cassette. Well maintained, in excellent condition. Hubs recently repacked. \$125.

Call 358-6457 or email gardzina@sprintmail.com

Autumn Challenge**Volunteers needed**

Last year's Autumn Challenge (and the one before that, and the one before that, and—you get the idea) have broken records for ridership. Over 200 riders participated in 2001. We need your help to continue to make this ride a success!

Contact Bilee Cauley or Alice Skinner at autumnchallenge@mgmbikeclub.org or 567-7271(Bilee) to find out more about how you can help. Opportunities include:

- Putting registration packets together
- Picking up supplies prior to the ride
- Friday night pre-registration and social
- Saturday morning registration
- Manning rest stops

This year's Autumn Challenge on August 31 will be dedicated to the memory of Dr. Jim Glassner, an MBC member who died in a bicycle accident last December. Let's make sure it's a success!



photo David Campbell

MBC members prepare to start at a recent Time Trial. Jerry Fossum (far left) is manning the stop watch as usual.